

The Heart of Emotional Freedom

Your pain only seems to scare others away until it no longer scares you away. As you learn to **become the courageous one who faces pain**, by experiencing what doesn't want to be felt, seen, or heard without feeling threatened, you begin to see how OK it is for each aspect of self to equally exist within you.

As **each part is given its rightful permission to exist**, a depth of acceptance allows for deeper relationships to grow within you, replacing any fear-based belief that your pain will reach through you to harm others. From this inner harmony, you will have an easier time being yourself, sharing your feelings, and even sensing the normalcy of emotions that once made you feel weak, less than, unworthy, and unlovable.

This becomes an opening that allows others to know themselves as you, whether they accept the invitation, ignore it, or reject it. Either way, you are less likely to make anyone else's choices mean something about yourself as you continually turn inward to face the inner despair that no other person can free you from. This is the heart of emotional freedom.

- No amount of fear can protect you from the *inevitability* of pain.
- No degree of disappointment, overwhelm, or despair can be *outwitted* by the overthinking.
- No amount of ease ever confirms the *extinction of difficulty*, no matter how much time exists in-between.
- No level of introspection ever makes you *one way* all the time.
- No depth of *emotional purge* is ever enough to bring anything to an end.

- This is because the relief you seek is found, not in endings, but in returning to *life's eternal beginning*.
- It is the beginning of the next *feeling*.
- It's the beginning of the *next moment*, without association to any moment before.
- And it is the beginning of new discoveries that act as neither a reward for a job well-done or a punishment for insights missed, but reflective of the radical ever-deepening revelation of *change as your most fundamental instinct*.

While life gets better with time, it doesn't often occur, when or how you say it will -- all to help you wake up from trying to prove something to yourself, and just receive the gift of expansion you are here receiving.

- Matt Kahn w/edits by Lyn